



THE ATTRACTIVE GIRL.

Her Sweet and Unaffected Ways.

MUCH has been written about "the American Girl" and her reasons for being pre-eminently the most attractive girl in the world. In bringing up girls others can't be too careful to let their daughters develop all their natural charms to the utmost. She is most attractive who is sweet, unaffected, cordial and unconscious of self. Such a kind of girl will not have to run after men. The men will save her the trouble. She will be courted by many men if she holds herself with a sort of unconscious dignity and unaffectedness. It devolves upon a mother to talk to her daughter—to make her a confidant—not only about these matters in early girlhood and when they are blossoming into womanhood, but she should advise her about her physical make up and her special organs.

FROM MAIDENHOOD TO WOMANHOOD.
The crucial epoch of a woman's life is the change from maidenhood to womanhood. It involves the whole body and manifests itself in the nervous condition at this time. If womankind lived close to nature, did not wear corsets, live in heated atmospheres, becoming subject to taking cold easily, she would drift into womanhood naturally and without suffering. Owing, however, to our modes of living and the forced condition of a young girl's brain, the pelvic organs and the brain take up too much of the blood and other organs are left without sufficient nourishment. In this way girls become delicate and the tissues are not sufficiently nourished. Many a mature woman traces back her troubles and her bad health to this early period. Often the strain is too great and for this reason proper precautions should be taken. Perhaps the mother or daughter have some delicacy about talking with their home physician on these matters. It is then best to consult by letter with a physician of recognized eminence, who has had a medical training, fitting him for the practice of medicine. It would be very foolish for one to consult some woman who had not a particle of medical training in preference to a physician who is bound on honor not to divulge the confidences reposed in him, and whose training has been thorough in the study of anatomy and materia medica, compiled with a wide

experience during nearly half a century, which puts him at the top of the profession. Such an one is Dr. R. V. Pierce, who is at the head of that magnificent hospital in Buffalo, called the Invalids' Hotel and Surgical Institute. You can write him without fear or favor for he keeps strictly confidential all letters sent to him and he charges nothing for his medical advice, answering in a straightforward and truthful manner. He will not advise anyone to take medicine unless it is positively indicated by the condition of the patient. Dr. Pierce says in his Common Sense Medical Adviser: "I believe that hygienic measures for the young girl are most important. Fresh air and sunshine are always in order. Exercise is especially indicated for the girl who is pale and anemic. Furthermore cleanliness of body, externally and internally is certain to do no harm. Make it a practice once a week to take some mild laxative." One of the first little liver pills on the market and also the best is Dr. Pierce's Pleasant Pellets—still enjoying public favor to-day. They are found for sale almost everywhere, particularly advised by the honest druggist unless he has a pill of his own make to sell. These "Pellets" of Dr. Pierce are entirely vegetable and do not gripe or injure the most delicate system.

Sick women are afforded the opportunity of a lifetime, for the makers of Dr. Pierce's Favorite Prescription now offer \$500 reward for women who cannot be cured. Backed up by over a third of a century of remarkable and uniform cures, a record such as no other remedy for the diseases and weaknesses peculiar to women ever attained, the proprietors of Dr. Pierce's Favorite Prescription now feel fully warranted in offering to pay \$500 in legal money of the United States, for any case of Leucorrhoea, Female Weakness, Protoplasm, or Falling of Womb which they cannot cure. All they ask is a fair and reasonable trial of their means of cure.

"Favorite Prescription" makes weak women strong, sick women well. Accept no substitute for the medicine which works wonders for weak women.

MOTHERS AND DAUGHTERS should have a medical book handy, for knowledge is power. A standard work is the People's Common Sense Medical Adviser, by R. V. Pierce, M. D. Send 31 one-cent stamps for the cloth-bound book, or 21 cents for the paper-covered volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

ALBANY PAPER SPEAKS OUT

Answers Some of the Cheap Corporation Arguments

The Situation in Oregon Cannot Be Changed by Hot Air at the Arlington Club at Portland

Albany Herald, Dec. 24.—In spite of the assurances of Mr. Harriman, the transportation question in Oregon is a serious one. The situation has been wonderfully bad for several years.

The responsibility rests with the common carrier. Railroad companies have been dealt with most liberally in Oregon as to franchise and land grants. They have a right to do their part. Given a conservative law placing the responsibility and loss at the doors of the railroad corporations in the event of unreasonable delay in furnishing cars and it would probably never have been tested, as the local authorities would receive favorable response to their request for car supplies early enough in the season to market Oregon products. There is a good deal of rot in this talk about light rails and lack of locomotives, with the claim tacked on that cars were not unduly scarce. The cars were not here; the state suffered this year because of it, suffered the year before and the year before that because of it, and will suffer again for the same reason unless something is done. The mass of the people are friendly to the railroads as developers and her aids of progress. The howl against corporations as such died with populism. The country is in need of more railroads. But the large sums Mr. Harriman has been expending have gone elsewhere than on lines in Oregon, so far as our observation goes. To repeat what has been said before in these columns, Oregon is greater than Mr. Harriman, and Oregon has not been treated fairly in transportation matters. Some time a careful legislative provision must be made for the government of this phase of the industrial situation. It would not in the least handicap the local officials, who are doing their best with the materials at hand.

They want business. But they can't make bricks without straw. If the Southern Pacific Company fails in its part, the Southern Pacific company ought to pay. No concern doing business in this part of the western hemisphere is more exacting of others than this railroad company. No transportation company in the west is giving less for the money in freight and passenger conveniences. The voice of the people will be heard in this matter, whether Mr. Harriman builds bigger or smaller steamers to sail from Portland to Asia, or whether he extends the road into central Oregon now or when he is ready. Mr. Harriman will be governed in such matters by the conditions of competition and the chances of profit. And he will probably pour out on the troubled local waives just as much oil as he has to, and no more. So the words before legislative committees of the smooth Mr. Fenton and the suave Mr. Cotton should not serve to set aside the real needs of the situation.

When You Want

Something to eat, just try the White House. They can serve you at any hour of the day or night.

Hominy Corn

Some fine white corn that makes hominy "Like mother made."

Violet Rolled Oats, use them and get a White House Cook Book, free.

Oat Flakes, a prize in every package.

We sell Flour, good flour and at the lowest prices in the city.

D. A. White & Son

Feedmen and Seedsmen
301 Com'l St. Phone 1781

Salt Rheum

You may call it eczema, tetter or milk crust.

But no matter what you call it, this skin disease which comes in patches that burn, itch, discharge a watery matter, dry and scale, owes its existence to the presence of humors in the system.

It will continue to exist, annoy, and perhaps agonize, as long as these humors remain.

It is always radically and permanently cured by

Hood's Sarsaparilla

which expels all humors, and is positively unexcelled for all cutaneous eruptions.

Dance at Turner.

A dance at Turner last night attracted a large number of Salem people to that place, and those returning this morning all report an exceedingly pleasant time, and a fine crowd at the function, and they are loud in their praises of the hospitality of the residents of that little city.

A Marriage Ticket.

A marriage license was issued today to Myrtle VanNuy and Geo. B. Howard, R. W. Van Nuy, witness.

Our Beer Promotes Christmas Cheer

Families who like to have a case of bright, sparkling, beer at home, which will give zest to their food and tone to their system, will have a case of our's now. It is a fine beer. Call up phone 2131.

Salem Brewery Association

Main Office 174 Com'l St. Salem, Oregon.



Don't Let It Escape

When you have at last secured such a good opportunity of having your laundry work done in such perfect condition, and of such an irrefragable color and finish as you will find everything that leaves our establishment. We have aimed to make the work done at the Salem Steam Laundry perfect, and to keep it at the top notch of perfection, and we have succeeded in gratifying our patrons beyond our fondest hopes. Drop us a postal card or telephone, and the wagon will stop.

Salem Steam Laundry

Phone 411 230 Liberty St.

HOLIDAY SPECIAL

25 Cents

2 lbs Fancy Dates.

35 Cents

2 lbs Walnuts or Almonds.

35 Cents

2 lbs Mixed Nuts.

35 Cents

2 lbs cans Solid Pineapple.

50 Cents

1 Bushel of Good Apples.

5 Cents

1 Package Barnum Animals.

10 Cents

1 Package Noah's Ark.

Fuller & Douglas,

142 State Grocers Phone 2261

Don't Go Away Back and Cry Your Eyes Out

If your druggist did not have what you wanted to give to him or to her for a Xmas present, console your self, by thinking that when you get over this spell, you will go to the Palace Pharmacy where they have what you want.

Palace Pharmacy

Phone, Main 2541

118 State St.

Salem, Oregon.

For the Most Complete Stock of

Carvers, Chafing Dishes

and Nickle Plate Ware

at reasonable prices, see

R. M. WADE & CO.

Merry Xmas And A Happy New Year.

When I came to Salem, about four months ago, I advertised to close out certain lines of goods. This I have about accomplished, as there are few articles in those lines left. Our many patrons know where to trade when they need goods in our line, and have taken advantage of the great bargain sale, which we have been holding for the past four months. Only last week we advertised a special sale on Mackintoshes. The next day we closed out 27. Other goods have gone at the same rate.

When I came to Salem I intended to return to Portland when I had closed out certain lines, but the longer I remain in my old home town the more I wish to locate here. Many of my friends are here, whom I have known almost from boyhood. I like the city and its surroundings. I have been treated well, and my patrons urge that I should remain with them. I am at present undecided whether to return to Portland or locate here. If the latter is my decision, I shall open out a nice, clean, up-to-date men's clothing and gent's furnishing goods store, which I am sure will meet with the approval of the most critical, and more than please my many friends. Thus saith

FRIEDMAN The Poor Man's Friend.

146 State Street.

Closing Out Sale at the Fair Store

Everything, including general racket store goods of every description; also the largest stock of toys and holiday goods in Salem.

MORE DOLLS

Than all other houses in Salem combined. I mean business, and, realizing that, while it will be a loss to me, it will be your gain. Must be sold within two weeks.

Business elsewhere demands my attention, and everything must be closed out. Do not miss the great opportunity to get your holiday goods and winter supplies. The Fair Store, 274 Commercial St.

O. P. DABNEY, Proprietor.

STORE OPEN EVENINGS.

We have the new Game

PIT

Variety Store,

Miss A. M. Welch, Proprietress.

Hue Wing Sang Co.

All Kinds Holiday Goods

At cost price. Sale on before Christmas. Embroidery, Silk, Handkerchiefs, Chinaware, Toys, Gents' and Ladies' Furnishing Goods, Heavy Wrappers. All kinds of Garments and Ornaments. Court Street, corner of alley.

Willamette University

JOHN H. COLEMAN, PRESIDENT, SALEM, OREGON.

College of Liberal Arts, Law, Art, Medicine, Music, Oratory, Theology.

PREPARATORY DEPARTMENT—Open to students completing eighth grade or department—lower grades in preparatory department. Besides affording professional training, the University seeks to give a thorough practical education for all who are aware of the value of trained brain.

NORMAL DEPARTMENT—Offers a thorough course in the theory and practice of teaching. Meets all the requirements of state school law. Its teachers are in constant demand.

Catalogue Upon Application.

Harritt & Lawrence

Sell more Groceries and better Groceries than ANYBODY
Here's where you get GOOD treatment and GOOD goods
in and for yourself.

CLD P. O. GROCERY.